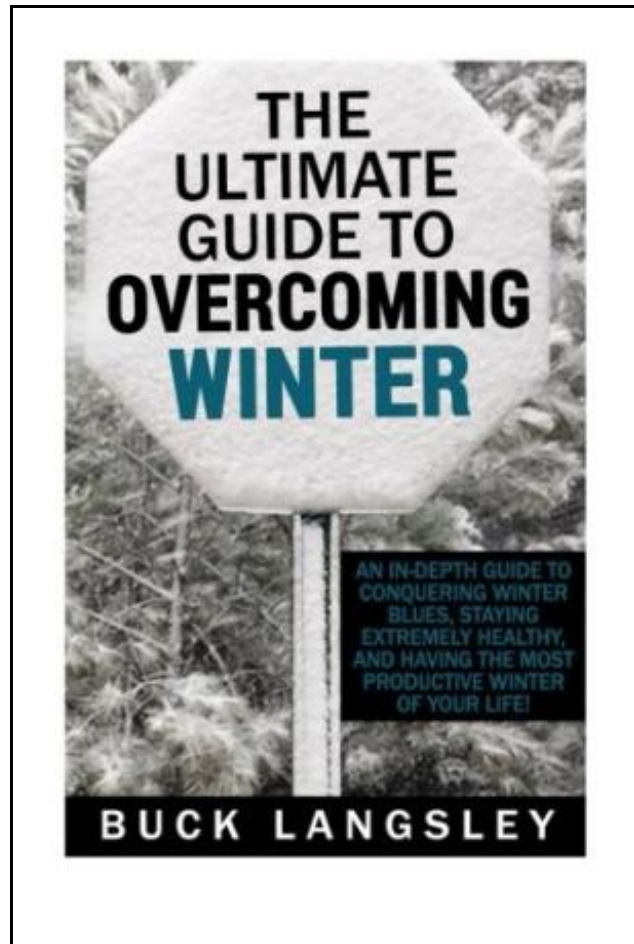


# The Ultimate Guide to Overcoming Winter: An In-Depth Guide to Conquering Winter Blues, Staying Extremely Healthy, and Having the Most Productive Winter of Your Life (Paperback)



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## THE ULTIMATE GUIDE TO OVERCOMING WINTER: AN IN-DEPTH GUIDE TO CONQUERING WINTER BLUES, STAYING EXTREMELY HEALTHY, AND HAVING THE MOST PRODUCTIVE WINTER OF YOUR LIFE (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE ULTIMATE GUIDE TO OVERCOMING WINTER: AN IN-DEPTH GUIDE TO CONQUERING WINTER BLUES, STAYING EXTREMELY HEALTHY AND HAVING THE MOST PRODUCTIVE WINTER OF YOUR LIFE! Crush Winter Blues, Smash Cabin Fever, Say Goodbye to Seasonal Depression and Say Hello to the Most Productive Winter You ve Ever Had! Are you tired of winter beating you down? Do you feel sluggish, depressed and unproductive during the winter months? What if I told you there was an extensive guide to overcoming winter? That guide is called THE ULTIMATE GUIDE TO OVERCOMING WINTER As somebody who has experienced many dreary and depressing winters living in Canada, I eventually decided that enough was enough. I vowed to never let winter get me down again, so I began formulating a personal guide that I could use to overcome winter, and guess what? It worked! Here is a sneak peak of some of the topics that will be covered and what you will learn: -Seasonal Affective Disorders and How to Deal With Them - Defeating Cabin Fever -The Benefits of Staying Active Over the Winter - Light Therapy - Vitamins That Will Help You Stay Healthy -Great Winter Reading Materials - How to Stay Inspired and Productive Over the Long Winter Months - Developing a Healthy Winter Menu -Surviving the Winter Blues Altogether Countless studies have shown that people who suffer from SAD benefit most from light, exercise, vitamins/supplements and food. All things that one can control themselves. SAD is a common disorder that many suffer from but luckily there are ways to help. this book will be your guide to lifting that winter fog off of your back and living the...



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